

CHRISTIAN YOGA PRAYER RETREAT

Explore how the ancient practice of Yoga can enhance your prayer time with God. The scriptures extol the value of meditation and prayer. Yoga facilitates the opening of our mind and the quieting of our bodies through breath and easy movement. This retreat is for beginners, as well as, those familiar with Yoga.



Date: Sunday, September 18, 2011

Time: 2:00pm—5:30pm

Location: The Riverview Retreat Center

Cost: \$30 pp (includes Program Fee, light snack)

Retreat Facilitator: Fa Lane Fields leads Christian Yoga for retreats and small groups. She trained at Lady of Lourdes Wholistic Study in NJ. Fa combines her own Christian faith with the quiet discipline and body movements of ancient yoga to attain a holy union with God. The Christian Yoga practices she teaches include the psalms, as well as sacred sounds and quiet reflection time to respond to God's breath within.

Register: Ann Ashe 410-556-6900 or online at www.pecometh.org

Supplies: Bring the following items if you have them...